Right now, some people around the world are sick with a virus called COVID-19.

The virus can make some people very sick. I can help keep myself, my family, and my friends safe by social distancing.

Social distancing means I can only be near the people I live with. When I stay away from people that I don’t live with, I am helping the world get better.

It’s ok to feel sad and to miss my friends and other people who I like to see. I can talk to them on the phone or see them on a video call.

I can still go outside for exercise or to go to the store, but I have to stay at least 6 feet away from other people. That’s about the length of my couch or bathtub!

I can follow the six-feet apart rule of social distancing until doctors and scientists say that it is safe to gather closer together again.

If I go outside, I will not touch my face. I will wash my hands immediately when I return home.

I might have to wear a mask if I go outside. The mask will help protect my nose and mouth from germs.